

INTRODUCING MORGAN HILL SPLASH AQUATICS (MHSA)

The Morgan Hill Splash Aquatics is a recreational year round swim program that offers fun and fitness to children between the ages of 5 and 18. Each participant has the option of participating year round or for the summer only. The focus of our coaches is to make swimming fun while also building the participants endurance and skills. All practices will be held at the Morgan Hill Aquatics Center Competition Pool.



SPLASH SWIM TEAM

Swim Team members will have the opportunity to participate in numerous weekly workouts with certified coaches and other swimmers at their ability level. Swimmers will have the option of participating in swim meets. During the summer the team will be participating in the Valley Aquatic League. The League's purpose is:

- To encourage healthy attitudes toward competition
- To promote the sport of swimming
- To improve personal swimming skills
- To provide as much competitive challenge in a summer program as possible
- To HAVE FUN!!!

SPLASH SWIM TEAM WORKOUTS

Workouts will take place during the following schedule. Workouts will range from 45 minutes to one hour and thirty minutes based on the swimmers age and ability level. During the school year workouts will take place in the afternoon. During the summer the schedule will provide an alternating schedule of morning and evening workouts.

Splash School Season Swim Workouts: May 3 - June 4
Monday-Friday 4:30pm-7pm

Splash Summer Season Workouts: June 7 - August 15
Mon 7:30am-9:30am Thur 4:30pm-6:30pm
Tues 4:30pm-6:30pm Fri 7:30am-9:30am
Wed 7:30am-8:30am (optional) Sat optional clinics/meets

SPLASH YOUTH WATER POLO CLUB

The Splash Water Polo Club will begin working out beginning in May. The program is designed to teach youth the game of Water Polo in a safe and fun environment. The program runs in conjunction with the Splash Swim Team, so participants are encouraged to participate in the two weekly water polo practices as well as one to three swim team workouts per week. To participate in practices youth should be comfortable in deep water and have some swimming skills. Youth ages 8 to 13 are eligible to play.

Splash Water Polo Club Practice Schedule:
Tue 6:45pm-7:45pm Thur 6:45pm-7:45pm

Splash Youth Swim Team and Water Polo Club Fees:

Monthly Payment Option: CRC Member: \$75/month
(See page 15 for CRC Membership rates)

Summer Payment Option: \$340 for Months of May-July

Program Director Contact Information:

Jolie Hunter, (408) 782-2134x701or jolie.hunter@morganhill.ca.gov

SPLASH BALL

Morgan Hill Splash Ball is a program designed to introduce children to the basic skills of water polo with an emphasis on fun and participation. The rules have been modified to help the participants learn about the game concepts and teamwork. Splash ball is played in the instructional pool so strong swimming skills are not necessary. This program is accessible for all children!!

Location: Morgan Hill Aquatics Center

Activity#	Date	Day	Time	Age	Sessions
4591.212	6/11-7/3	F/S	9am-10am	5-9yrs	8
4591.213	7/9-7/31	F/S	9am-10am	5-9yrs	8

Daily Fees

Resident: \$7 / CRC Member: Free

Non-Resident: \$8 / CRC Member: Free

Morgan Hill Splash Members can participate at no additional charge.

ADULT DROP IN WATER POLO

Open drop in water polo for high school ages thru adults. This program will provide an opportunity for recreational level water polo players to play in some fun non-competitive games. Rough play will not be tolerated.

Location: Morgan Hill Aquatics Center Competition Pool

Drop In Schedule

Tuesday 6:45pm-7:45pm Thursday 6:45pm-7:45pm

Resident \$7/CRC Member: Free

Non-Resident \$8 / CRC Member: Free

COACHED ADULT MASTERS SWIM

Morgan Hill Splash Masters is a coached program for intermediate swimmers who are looking to improve their stroke and endurance through challenging workouts. Whether you're goal is to improve your endurance for a triathlon or to improve your stroke and work on your fitness, this class would be for you. Also, by joining this program, you'll receive the workout for the day emailed to you in case you're unable to make it to class but would like to do it on your own. Lisa Rick and Tim Thornton will be the coaches for this group.

Location: Morgan Hill Aquatics Center Competition Pool

Workout Schedule:

Monday	5:30am-6:45am	Thursday	11:45am-1:00pm
Monday	6:30pm-7:45pm	Friday	6:30pm-7:45pm
Tuesday	11:45am-1:00pm	Saturday	7:30am-8:45am
Wednesday	5:30am-6:45am		
Wednesday	6:30pm-7:45pm		

CRC Member: \$25/month (See pg. 15 for CRC Membership rates)

Drop in: \$12

PRE MASTERS STROKE DEVELOPMENT PROGRAM

Are you an occasional swimmer that would like to improve your skills so you can join the Masters Program? Schedule stroke development lessons with our Masters and Swim Team Coaches. In the Pre Masters lesson program you'll get more time spent on stroke technique training and shorter sets but will still get the benefits of a fitness workout. Sign up as a group of 3-4 participants for small group lessons or as one individual for private lessons. Register at the Aquatics Center and one of our coaches will call you to setup a schedule of classes. For more information contact the Aquatics Center at (408) 782-2134.

Location: Morgan Hill Aquatics Center Competition Pool

Resident: \$160 / CRC Member: \$150

Non-Resident: \$170 / CRC Member: \$160

Fee is per four (4) hours of lessons, which may be broken into 30 or 60 minute lessons.

SWIM LESSONS

PRIVATE SWIM LESSONS

Private Swim Lessons are for ages 3 years through adult, and are for any level of ability. Instruction is geared toward the individual student's ability. Private Swim Lessons are offered as a 2 week session with a total of 4 classes, thirty minutes in length per class. Choose either M/W or T/TH classes. One student/participant is enrolled in the entire 2 week session. The Morgan Hill Aquatics Center does not accept rescheduling of missed classes for this program.

Instructor: Aquatics Staff

OUTDOOR Location: Morgan Hill Aquatics Center

Registration for these classes is on a first come, first served basis and space is limited.

Session 1: M/W June 14th – June 23rd

T/Th June 15th – June 24th

Session 2: M/W June 28th – July 7th

T/Th June 29th – July 8th

Session 3: M/W July 12th – July 21st

T/Th July 13th – July 22nd

Session 4: M/W July 26th – August 4th

T/Th July 27th – August 5th

Session 5: M/W August 9th – August 18th

T/Th August 10th – August 19th

Resident: \$121 / CRC Member: \$111

Non-Resident: \$131 / CRC Member \$121



INDOOR Location: Centennial Recreation Center

Session 1: M/W 6/14-7/7

T/TH 6/15-7/8

Session 2: M/W 7/12-8/4

T/TH 7/13-8/5

Resident \$233 / CRC Member \$218

Non-Resident \$243 / CRC Member \$228

	Session 1	Session 1	Session 2	Session 2
	M/W	T/TH	M/W	T/TH
	6/14-7/7	6/15-7/8	7/12-8/4	7/13-8/5
TIME	Activity #	Activity #	Activity #	Activity #
3:30pm	4581.298	4582.202	4582.205	4582.208
4:00pm	4581.299	4582.203	4582.206	4582.209
4:30pm	4582.201	4582.204	4582.207	4582.210

	Session 1	Session 1	Session 2	Session 2
	M/W	T/TH	M/W	T/TH
	6/14-6/23	6/15-6/24	6/28-7/7	6/29-7/8
TIME	Activity #	Activity #	Activity #	Activity #
8:30	4580.201	4580.299	4580.223	4581.222
8:30	4580.202	4581.201	4580.224	4581.223
9:00	4580.203	4581.202	4580.225	4581.224
9:00	4580.204	4581.203	4580.226	4581.225
9:30	4580.205	4581.204	4580.227	4581.226
9:30	4580.206	4581.205	4580.228	4581.227
10:00	4580.207	4581.206	4580.229	4581.228
10:00	4580.208	4581.207	4580.230	4581.229
10:30	4580.209	4581.208	4580.231	4581.230
10:30	4580.210	4581.209	4580.232	4581.231
11:00	4580.211	4581.210	4580.233	4581.232
11:00	4580.212	4581.211	4580.234	4581.233
4:30	4580.213	4581.212	4580.235	4581.234
4:30	4580.214	4581.213	4580.236	4581.235
5:00	4580.215	4581.214	4580.237	4581.236
5:00	4580.216	4581.215	4580.238	4581.237
5:30	4580.217	4581.216	4580.239	4581.238
5:30	4580.218	4581.217	4580.240	4581.239
6:00	4580.219	4581.218	4580.241	4581.240
6:00	4580.220	4581.219	4580.242	4581.241
6:30	4580.221	4581.220	4580.243	4581.242
6:30	4580.222	4581.221	4580.244	4581.243
	Session 3	Session 3	Session 4	Session 4
	M/W	T/TH	M/W	T/TH
	7/12-7/21	7/13-7/22	7/26-8/4	7/27-8/5
TIME	Activity #	Activity #	Activity #	Activity #
8:30	4580.245	4581.244	4580.267	4581.266
8:30	4580.246	4581.245	4580.268	4581.267
9:00	4580.247	4581.246	4580.269	4581.268
9:00	4580.248	4581.247	4580.270	4581.269
9:30	4580.249	4581.248	4580.271	4581.270
9:30	4580.250	4581.249	4580.272	4581.271
10:00	4580.251	4581.250	4580.273	4581.272
10:00	4580.252	4581.251	4580.274	4581.273
10:30	4580.253	4581.252	4580.275	4581.274
10:30	4580.254	4581.253	4580.276	4581.275
11:00	4580.255	4581.254	4580.277	4581.276
11:00	4580.256	4581.255	4580.278	4581.277
4:30	4580.257	4581.256	4580.279	4581.278
4:30	4580.258	4581.257	4580.280	4581.279
5:00	4580.259	4581.258	4580.281	4581.280
5:00	4580.260	4581.259	4580.282	4581.281
5:30	4580.261	4581.260	4580.283	4581.282
5:30	4580.262	4581.261	4580.284	4581.283
6:00	4580.263	4581.262	4580.285	4581.284
6:00	4580.264	4581.263	4580.286	4581.285
6:30	4580.265	4581.264	4580.287	4581.286
6:30	4580.266	4581.265	4580.288	4581.287
	Session 5	Session 5		
	M/W	T/TH		
	8/9-8/18	8/10-8/19		
Time	Activity #	Activity #		
4:30	4580.289	4581.288		
4:30	4580.290	4581.289		
5:00	4580.291	4581.290		
5:00	4580.292	4581.291		
5:30	4580.293	4581.292		
5:30	4580.294	4581.293		
6:00	4580.295	4581.294		
6:00	4580.296	4581.295		
6:30	4580.297	4581.296		
6:30	4580.298	4581.297		

Class Descriptions

Parent/Tot Program

Cuttle Fish A

Ages: 6 months-17 months

Prerequisites: Parent participation is required

Skills Checklist: Infant skills-

Water adjustment, getting wet - Front kick

Exploring the pool, holding positions

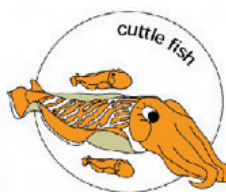
Front glide, readiness, passing, drafting

Underwater exploration, readiness, bubble blowing, scooping

Back float, adjusting to water in back position, readiness

Rolling over, front to back & back to front - Exit water, parent carrying child

Arm movement, front position, combined with kicking



Cuttle Fish B

Ages: 18 months-35 months

Prerequisites: Parent participation is required

Skills Checklist: Toddler skills-

Front glide, drifting with breathing

Underwater exploration, bobbing, opening eyes

Arm movement on back, finning combined with kicking

Changing positions, vertical to front & vertical to back float positions

Kick up to surface

Exit independently at side of pool or using ladder or stairs

Pre-school Program Ages 3-5



Clown Fish Level I

Prerequisites: No swimming skills required. Parent participation optional. Student must be able to take direction from the instructor.

Skills Checklist:

Enter water safely, enter using stairs and rolling over from side of pool

Bubble blowing, opening eyes under water, underwater exploration

Introduction to supported front float - Introduction to supported back float

Supported front kicking - Supported back kicking

Front glide readiness with breathing - Back glide readiness

Introduction to alternating arm movement - Learn basic water safety rules

Familiarity with getting help - Reaching assist without equipment

Wear lifejacket on deck and enter shallow water



Jelly Fish Level II

Prerequisites: Clown Fish skills or comfortable in the water and able to take direction from the instructor.

Skills Checklist:

Hold breath and fully submerge head, bobbing with controlled breathing

Supported front float - Supported back float

Front glide and recover with support- Back glide and recover with support

Front glide with flutter kick supported - Back glide with flutter kick supported

Front crawl arm action - Back crawl arm action

Submerge and retrieve object from chest deep water

Explore deep water with support - Discuss role of all safety personnel

Demonstrate reaching assist with equipment

Demonstrate how to relieve a cramp



Balloon Fish Level III

Prerequisites: Jelly Fish skills

Skills Checklist:

Rhythmic bobs (10 times) - Introduction to finning

Unsupported front float - Unsupported back float

Unsupported front glide and recover (2 body lengths)

Unsupported back glide and recover (2 body lengths)

Front glide with flutter kick - Back glide with flutter kick

Front crawl arm movement and flutter kick (5 yards)

Back crawl arm movement and flutter kick (5 yards)

Introduction to side breathing - Become familiar with rescue breathing

Demonstrate rolling over from front glide to back glide

Demonstrate rolling over from back glide to front glide

Float face up in shallow water with a lifejacket on (1 minute)

Demonstrate assisting non-swimmer to feet



Flying Fish Level IV

Prerequisite skills: Balloon Fish skills

Skills Checklist:

Bob in water slightly over head to safety

Jump into deep water from side of pool

Swim front crawl with side breathing (15 yards)

Swim back crawl (15 yards)

Demonstrate elementary backstroke kick

Compact and kneeling dive from side of pool

Treading water in deep water

Jump into deep water with lifejackets on

Demonstrate H.E.L.P. position (1 minute)

Demonstrate huddle position (1 minute)

Demonstrate correct technique for opening airway for rescue breathing

Youth Program Ages 6-10



Sea Turtle Level I

Prerequisites: No swimming skills required

Skills Checklist:

Enter and exit pool safely - Open eyes under water

Submerge mouth, nose, and eyes

Pick up submerged object under water

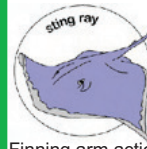
Exhale underwater through mouth and nose

Front Float and Back Float (supported & unsupported)

Roll over from front glide to back glide - Roll over from back glide to front glide

Front swimming with arm & leg actions - Back swimming with arm & leg actions

Discuss basic water safety rules - Demonstrate proper use of a lifejacket



Sting Ray Level II

Prerequisites: Sea Turtle skills and comfortable in the water

Skills Checklist:

Submerging entire head - Jump in from poolside (shallow water)

Unsupported front float - Unsupported back float

Front glide and Back glide (supported and unsupported)

Finning arm action - Sculling arm action - Rhythmic bobs (10 times)

Jellyfish float - Treading water using arm and leg motions

Swimming using combined stroke on front (15 feet)

Swimming using combined stroke on back (15 feet)

Moving in water while wearing a life jacket

Recognizing a swimmer in distress and getting help



Pelican Level III

Prerequisites: Sting Ray Skills (or Flying Fish Skills)

Skills Checklist:

Unsupported front glide with kick

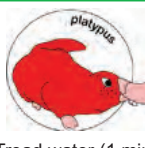
Unsupported back glide with kick

Jump into deep water from side - Treading water (30 seconds)

Front crawl stroke with rotary breathing (15 yards) - Back crawl stroke (15 yards)

Butterfly kick and body motion - Survival float on back - Rules for safe diving

Sitting and kneeling dive (shallow dive progression) - H.E.L.P. & Huddle positions



Platypus Level IV

Prerequisites: Pelican skills

Skills Checklist:

Front crawl with rotary breathing (25 yards)

Back crawl (25 yards) - Elementary backstroke (15 yards)

Breaststroke (15 yards) - Introduction to butterfly stroke

Tread water (1 minute) - Swim underwater

Open turn on front, push-off streamlined position

Open turn on back, push-off streamlined position

Scissors kick - Survival float on back (1 minute) - Discuss safe diving rules

Diving from stride position (shallow dive) - Demonstrate a throwing assist

Feet-first surface dive in deep water - Care for conscious choking victim



Crocodile Level V

Prerequisites: Platypus skills

Skills Checklist:

Front crawl with rotary breathing (50 yards)

Back crawl (50 yards) - Elementary Backstroke (25 yards)

Breaststroke (25 yards) - Butterfly Stroke (15 yards) - Tread water (2 minutes)

Introduction to sidestroke - Shallow dive with glide

Flip turn while swimming on front - Flip turn while swimming on back

Performing rescue breathing - Introduction to tuck and pike surface dives



Great White Level VI

Prerequisites: Crocodile skills

Skills Checklist:

Front crawl open turn - Back crawl open turn

Front crawl with rotary breathing (100 yards)

Back crawl (100 yards) - Elementary Backstroke (50 yards)

Breaststroke (50 yards) - Butterfly Stroke (50 yards) - Sidestroke (50 yards)

Treading water (3 minutes) - Treading water kicking only

Swim continuous 500 yards with any combination of strokes

Retrieve diving brick from 8-10 in feet deep water - Recognizing spinal injury

CLASS NAME	TIME	SESSION 1 6/14-6/24 Activity #	SESSION 2 6/28-7/8 Activity #	SESSION 3 7/12-7/22 Activity #	SESSION 4 7/26-8/5 Activity #	SESSION 5 8/9-8/19 Activity #
CUTTLE FISH A	10:15	4500.207	4500.209	4500.211	4500.213	-----
	4:50	4500.208	4500.210	4500.212	4500.214	4500.215
CUTTLE FISH B	10:50	4500.216	4500.218	4500.220	4500.222	-----
	5:25	4500.217	4500.219	4500.221	4500.223	4500.224
CLOWN FISH	8:30	4510.207	4510.218	4510.229	4510.241	-----
	9:05	4510.208	4510.219	4510.230	4510.242	-----
	9:05	-----	-----	4510.231	-----	-----
	9:40	4510.209	4510.220	4510.232	4510.243	-----
	10:15	4510.210	4510.221	4510.233	4510.244	-----
	10:50	4510.211	4510.222	4510.234	4510.245	-----
	4:15	4510.212	4510.223	4510.235	4510.246	4510.252
	4:50	4510.213	4510.224	4510.236	4510.247	4510.253
	5:25	4510.214	4510.225	4510.237	4510.248	4510.254
	5:25	4510.215	4510.226	4510.238	4510.249	4510.255
	6:00	4510.216	4510.227	4510.239	4510.250	4510.256
	6:35	4510.217	4510.228	4510.240	4510.251	4510.257
JELLY FISH	9:05	4520.207	4520.216	4520.225	4520.234	-----
	9:40	4520.208	4520.217	4520.226	4520.235	-----
	10:15	4520.209	4520.218	4520.227	4520.236	-----
	10:50	4520.210	4520.219	4520.228	4520.237	-----
	4:15	4520.211	4520.220	4520.229	4520.238	4520.243
	4:50	4520.212	4520.221	4520.230	4520.239	4520.244
	5:25	4520.213	4520.222	4520.231	4520.240	4520.245
	6:00	4520.214	4520.223	4520.232	4520.241	4520.246
	6:35	4520.215	4520.224	4520.233	4520.242	4520.247
BALLOON FISH	9:05	4530.207	4530.216	4530.225	4530.234	-----
	9:40	4530.208	4530.217	4530.226	4530.235	-----
	10:15	4530.209	4530.218	4530.227	4530.236	-----
	10:50	4530.210	4530.219	4530.228	4530.237	-----
	4:15	4530.211	4530.220	4530.229	4530.238	4530.243
	4:50	4530.212	4530.221	4530.230	4530.239	4530.244
	5:25	4530.213	4530.222	4530.231	4530.240	4530.245
	6:00	4530.214	4530.223	4530.232	4530.241	4530.246
FLYING FISH	9:05	4540.201	4540.205	4540.209	4540.215	-----
	9:40	4540.202	4540.206	4540.210	4540.216	-----
	10:15	-----	-----	4540.211	4540.217	-----
	10:50	-----	-----	4540.212	4540.218	-----
	4:15	4540.203	4540.207	4540.213	4540.219	4540.221
	6:00	4540.204	4540.208	4540.214	4540.220	4540.222
SEA TURTLE	8:30	4550.201	4550.211	4550.221	4550.230	-----
	9:05	4550.202	4550.212	4550.222	-----	-----
	9:40	4550.203	4550.213	4550.223	4550.231	-----
	10:15	4550.204	4550.214	-----	-----	-----
	10:50	4550.205	4550.215	4550.224	4550.232	-----
	4:15	4550.206	4550.216	4550.225	4550.233	4550.238
	4:50	4550.207	4550.217	4550.226	4550.234	4550.239
	5:25	4550.208	4550.218	4550.227	4550.235	4550.240
	6:00	4550.209	4550.219	4550.228	4550.236	4550.241
STING RAY	6:35	4550.210	4550.220	4550.229	4550.237	4550.242
	8:30	4560.201	4560.209	4560.217	4560.225	-----
	9:05	4560.202	4560.210	4560.218	4560.226	-----
	9:40	4560.203	4560.211	4560.219	-----	-----
	10:15	4560.204	4560.212	4560.220	4560.227	-----
	4:15	4560.205	4560.213	4560.221	4560.228	4560.233
	4:50	-----	-----	-----	4560.229	4560.234
	5:25	4560.206	4560.214	4560.222	4560.230	4560.235
	6:00	4560.207	4560.215	4560.223	4560.231	4560.236
	6:35	4560.208	4560.216	4560.224	4560.232	4560.237

OUTDOOR GROUP SWIM LESSONS

All Group Lessons are offered in 8, ½ hour lessons, Monday – Thursday, over a two week session as follows:

Session 1: June 14th to June 24th

Session 2: June 28th to July 8th

Session 3: July 12th to July 22nd

Session 4: July 26th to August 5th

Session 5: August 9th to August 19th

Resident: \$79 / CRC Member \$69

Non-Residents: \$89 / CRC Member \$79

Schedule continued on next page

CLASS NAME	TIME	SESSION 1 6/14-6/24 Activity #	SESSION 2 6/28-7/8 Activity #	SESSION 3 7/12-7/22 Activity #	SESSION 4 7/26-8/5 Activity #	SESSION 5 8/9-8/19 Activity #
PELICAN	8:30	-----	-----	4570.219	4570.229	-----
	9:05	4570.201	4570.210	4570.220	4570.230	-----
	9:40	4570.202	4570.211	4570.221	4570.231	-----
	10:15	4570.203	4570.212	4570.222	4570.232	-----
	10:50	4570.204	4570.213	4570.223	4570.233	-----
	4:15	4570.205	4570.214	4570.224	4570.234	4570.239
	4:50	4570.206	4570.215	4570.225	4570.235	4570.240
	5:25	4570.207	4570.216	4570.226	4570.236	4570.241
	6:00	4570.208	4570.217	4570.227	4570.237	4570.242
	6:35	4570.209	4570.218	4570.228	4570.238	4570.243
PLATYPUS	8:30	4480.201	4480.208	4480.215	-----	-----
	9:05	-----	-----	-----	4480.222	-----
	9:40	-----	-----	-----	4480.223	-----
	10:15	4480.202	4480.209	4480.216	4480.224	-----
	10:50	4480.203	4480.210	4480.217	-----	-----
	4:15	4480.204	4480.211	4480.218	4480.225	4480.228
	4:50	4480.205	4480.212	4480.219	-----	-----
	6:00	4480.206	4480.213	4480.220	4480.226	4480.229
	6:35	4480.207	4480.214	4480.221	4480.227	4480.230
CROCODILE	8:30	4590.201	4590.205	4590.209	4590.213	-----
	10:50	4590.202	4590.206	4590.210	4590.214	-----
	4:50	4590.203	4590.207	4590.211	4590.215	4590.217
	6:35	4590.204	4590.208	4590.212	4590.216	4590.218
GREAT WHITE	8:30	4590.219	4590.221	4590.223	4590.225	-----
	5:25	4590.220	4590.222	4590.224	4590.226	4590.227
TEEN BEG.	8:30	2500.201	2500.203	2500.205	2500.207	-----
	6:00	2500.202	2500.204	2500.206	2500.208	2500.209
TEEN INTER	9:40	2500.210	2500.212	2500.214	2500.216	-----
	6:35	2500.211	2500.213	2500.215	2500.217	2500.218
ADULT BEG	6:35	5500.201	5500.202	5500.203	5500.204	5500.205
FUN N FIT	8:30	4591.202	4591.204	4591.206	4591.208	4591.210
	4:15	4591.203	4591.205	4591.207	4591.209	4591.211

INDOOR GROUP SWIM LESSONS

All Group Lessons at the Centennial Recreation Center are offered as eight, thirty minute lessons, on M/W or T/TH, over a 4 week session as follows:

Instructor: CRC staff

Location: Centennial Recreation Center

Session 1:

M/W 6/14-7/7

T/TH 6/15-7/8

Session 2:

M/W 7/12-8/4

T/TH 7/13-8/5

Resident \$79 / CRC Member \$69

Non-Resident \$89 / CRC Member \$79

Every paid session of group lessons includes one free level appropriate T-shirt. Additional T-shirts available for \$10 a piece.

CLASS NAME	TIME	SESSION 1 M/W 6/14-7/7 Activity #	SESSION 2 M/W 7/12-8/4 Activity #	SESSION 1 T/TH 6/15-7/8 Activity #	SESSION 2 T/TH 7/13-8/5 Activity #
CUTTLE FISH A	4:05pm	4500.201	4500.202		
CUTTLE FISH B	4:40pm	4500.203	4500.204	4500.205	4500.206
CLOWN FISH	3:30pm 4:05pm	4510.201	4510.202	4510.203 4510.204	4510.205 4510.206
JELLY FISH	3:30pm 4:40pm	4520.201 4520.202	4520.203 4520.204	4520.205	4520.206
BALLOON FISH	4:05pm 4:40pm	4530.201	4530.202	4530.203 4530.204	4530.205 4530.206

Morgan Hill Recreation Preschool

Is your child ready
to start School?
We can help!!



The City of Morgan Hill Recreation Department offers a play-based preschool in a safe and nurturing environment. We provide different hands-on learning opportunities through art, music, language, reading/math readiness, and motor-skill activities. Oral language development is encouraged through circle time activities as well as the social skills of cooperating within a group, listening, and solving problems. This program will help your child to develop social and basic academic skills to prepare him/her for school.

LITTLE LEARNERS (Age 3-4 years)

Little learners provides a fun and enriching experience with an emphasis on developing social and play skills through activities such as games, songs, fingerplays, stories and art. Children MUST be 3 by 12/2/10. Classes are 2 hours long and meet 2 times a week.

Dates	Day	Time
AM 9/7/10-6/2/11	T/TH	9:00am-11:00am
PM 9/7/10-6/2/11	T/TH	12:00pm-2:00pm
Monthly Tuition:	Resident \$160 / CRC Member: \$150 Non Resident: \$170 / CRC Member: \$160	

KINDER LEARNERS (Age 4-5 years)

Children will develop social interaction skills through creative learning experiences. Language development, pre-reading, science, math, art games, music, motor skills, drama and free play are emphasized to prepare the children for kindergarten. Children MUST be 4 by 12/2/10. Classes are 2 1/2 hours long, and meet 2 or 3 times a week.

Date	Day	Time
AM 9/8/10-6/3/11	M/W/F	9:00am-11:30am
PM 9/8/10-6/3/11	M/W/F	12:30pm-3:00pm
Monthly Tuition:	Resident \$230 / CRC Member: \$215 Non Resident: \$245 / CRC Member: \$230	

Morgan Hill Community and Cultural Center • Children's Pavilion
17000 Monterey Road, Morgan Hill • 408.782.0008 • www.mhrecreation.com
For more information contact Chiquy Mejia @ 408.782.2128

Teen Aquatics

RED CROSS LIFEGUARDING CLASS

Classes are designed to provide the skills necessary to be an effective pool lifeguard. Training includes CPR for the Professional Rescuer, Standard First Aid and Lifeguard Training. Students must pass a basic swim test on the first day of class. Passing of class does not guarantee a position with the City of Morgan Hill. Proper bathing suit is required. For more information, please call Jolie Hunter at 408-782-2134 ext 701.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

Activity #	Date	Day	Time	Age	Sessions
5540.102	4/5-4/9	M-F	9am-5pm	15yrs+	5

Resident: \$175/ CRC Member: \$170

Non Resident: \$180/ CRC Member: \$175

WATER SAFETY INSTRUCTOR COURSE

Includes fundamentals of instructor training. This class is designed to teach participants the skills to be a successful swimming instructor. Participants will learn how to evaluate student's progress, plan effective swim lessons and make accommodations for students with disabilities.

Prerequisite: 16 years old and successful completion of pre-course test. Full attendance is mandatory for certification. Fee includes class material. Bring ID, swimsuit and towel to class. Proper bathing suit is required. For more information, please call Jolie Hunter at 408-782-2134 ext 701.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

Activity #	Date	Day	Time	Age	Sessions
5540.103	4/13-5/6	T/TH	5pm-9pm	16yrs+	8

All dates are for one course.

Resident: \$215/ CRC member: \$200

Non Resident: \$230/ CRC Member: \$215

Morgan Hill Splash

Aquatics Programspg 10

Recreation Swim Team, Water Polo Club

Swim Lessonspg 11-14

Things To Do
mark your calendars

Tons of fun, activities, and events
for the whole family. See page 4.
Just For Teens - page 32.

Teen Fitness

YOUTH STRENGTH TRAINING

FREE
w/ CRC
Mem.

If you are between 9 and 15 years old, these one-on-one training sessions are designed to help you achieve your health and fitness goals. The Youth Strength Training program has three different phases each consisting of 2 one hour training sessions. Each phase is designed to cover different topics such as stretching techniques, proper nutrition, introduction to our Fitlinxx system, cardio machines, strength machines, and some free weights. Each phase will need to be completed in consecutive order.

Phase 1: Introduction and cardio equipment

Phase 2: Strive Strength Equipment

Phase 3: Free Weights

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

CRC Member: Free

Sessions should be scheduled directly with Fitness Staff.

YOUTH "STRIVE" TO GET FIT CIRCUIT TRAINING

FREE
w/ CRC
Mem.

We're excited to offer a new line of equipment designed primarily for youth. Join us for an all inclusive circuit training class to help our youth/teens learn proper resistance training techniques, posture, increase self-confidence, self-esteem, strength-conditioning and foremost establish relationships amongst their peers and our staff. (Prerequisites-Must have completed YST Certifications Level 1 & 2)

Instructor: Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Activity#	Date	Day	Time	Age	Sessions
2700.201	6/8-6/28	T	4:30pm-5pm	9yrs+	4
2700.202	7/6-7/27	T	4:30pm-5pm	9yrs+	4
2700.203	8/3-/24	T	4:30pm-5pm	9yrs+	4

Resident: \$40 / CRC Member: FREE

Non-Resident: \$45 / CRC Member: FREE

TEEN SPORTS SPECIFIC PERSONAL TRAINING

Our teen sport specific personal training will cater to teens ages 13-17 to encourage, engage and provide expertise for sport specific personal training. Our certified personal trainers will guide you through a personalized program that gives you fast and safe results. The most effective and efficient training methods and regimens will be used: plyometrics, resistance band, bosu, free weights and cardiorespiratory training.

Location: Centennial Recreation Center

Fees: \$65 per session (individual sessions)

\$270 6-session package @ \$45 per session

\$480 12-session package @ \$40 per session

\$576 16-session package @ \$36 per session

\$630 18-session package @ \$35 per session

\$816 24-session package @ \$34 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.

Adult Aquatics

RED CROSS LIFEGUARDING CLASS

Classes are designed to provide the skills necessary to be an effective pool lifeguard. Training includes CPR for the Professional Rescuer, Standard First Aid and Lifeguard Training. Students must pass a basic swim test on the first day of class. Passing of class does not guarantee a position with the City of Morgan Hill. Proper bathing suit is required. For more information, please call Jolie Hunter at 408-782-2134 ext 701.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

Activity #	Date	Day	Time	Age	Sessions
5540.102	4/5-4/9	M-F	9am-5pm	15yrs+	5

Resident: \$175/ CRC Member: \$170

Non Resident: \$180/ CRC Member: \$175

Morgan Hill Splash

Aquatics Programspg 10

Coached Adult Master Swim, Pre-Masters Stroke Development

Swim Lessonspg 11-14

WATER SAFETY INSTRUCTOR COURSE

Includes fundamentals of instructor training. This class is designed to teach participants the skills to be a successful swimming instructor. Participants will learn how to evaluate student's progress, plan effective swim lessons and make accommodations for students with disabilities.

Prerequisite: 16 years old and successful completion of pre-course test. Full attendance is mandatory for certification. Fee includes class material. Bring ID, swimsuit and towel to class. Proper bathing suit is required. For more information, please call Jolie Hunter at 408-782-2134 ext 701.

Instructor: City of Morgan Hill certified staff

Location: Morgan Hill Aquatics Center

Activity #	Date	Day	Time	Age	Sessions
5540.103	4/13-5/6	T/TH	5pm-9pm	16yrs+	8

All dates are for one course.

Resident: \$215/ CRC member: \$200

Non Resident: \$230/ CRC Member: \$215

Need space?



Room Rentals
at the Community &
Cultural Center as low as

\$25/hr

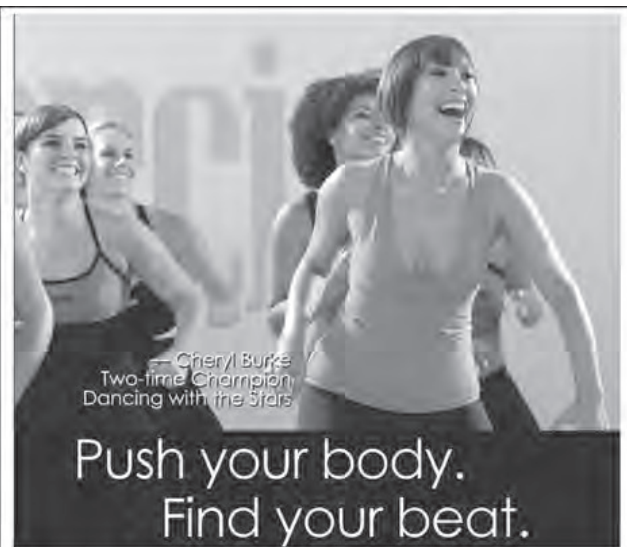
Just some of our amenities:

Banquet and classroom seating
Executive style boardroom table
Teleconferencing needs
Advanced sound system
Dance floor
LCD projector and screens
TV, DVD, and VCR capabilities
White board
Internet hook-ups

Space available:

- * Two large multi-purpose
- * Three classrooms
- * Two meeting rooms
- * Children's pavilion
- * Full-service kitchen
- * Outdoor amphitheater
- * Charming rose garden

408.782.0008 • www.mhcommunitycenter.com



— Cheryl Burke
Two-time Champion
Dancing with the Stars

Push your body.
Find your beat.

Jazzercise - it shows

60-minute workout blends dance and muscle toning

Routines are fun and easy-to-follow

Class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

Community & Cultural Center

Mon/Wed/Fri/Sat 8:30 – 9:30 AM

Tues/Thurs 5:25 – 6:25 PM

(408) 607-0338

Jazzercise.com * 800 Fit Is It

ADULT